



**Seattle Parks and Recreation  
Southwest Community Center & Pool  
2801 SW Thistle  
Fall 2003 Programs**

**September 8th - December 31st**



**[www.seattle.gov/parks/swcc.htm](http://www.seattle.gov/parks/swcc.htm)**

**(206) 684-7438 - Center**

**(206) 684-7440 - Pool**

## GETTING STARTED

### TABLE OF CONTENTS

Getting Started.....	2
Community Information.....	3
Budget Information.....	4
Summer Special Events.....	5
Daily Pool Schedule.....	6
Pool Fees & Charges.....	7
Water Fitness & Recreation.....	7-9
Swim Lesson Information.....	10&11
Specialty Swim Lessons & Events.....	12
Day Camps.....	13
Youth Programs.....	13-14
Youth Sports.....	15
Teen Programs.....	16
Adult Programs.....	17-18
Thistle Street Pottery Studio.....	19
Senior Adult Programs.....	20-21
Fall Programs & Events.....	22
Registration Information.....	23

### HOURS OF OPERATION

#### Community Center

Monday & Wednesday	10:00 AM - 9:00 PM
Tuesday & Thursday	1:00 PM - 9:00 PM
Friday	1:00 PM - 9:00 PM
Saturday(until mid-November)	CLOSED
Saturday(mid-November on)	10:00 - 4:00 PM
Sunday	CLOSED

#### Pool

Monday - Thursday	Noon - 9:30 PM
Friday	Noon - 8:00 PM
Saturday	10:00 AM - 2:00 PM
Sunday	11:00 AM - 6:00 PM

### PROFESSIONAL STAFF

#### Aquatic Center Co-Coordiators

Nancy Eisner/Diane Jones

#### Acting Community Center Coordinator

Naseri Kitona

#### Assistant Center Coordinator

Dena Schuler

#### Assistant Aquatic Center Coordinator

Matt Richardson

#### Administrative Support Assistant

Heidi Hudson

#### Teen Development Leaders

Carrie Fulton/Mike Browne

#### PPT Recreation Attendant

Rosalia Martinez

#### PPT Cashier

Jennifer Tramble

#### Recreation Leader

Carol Stocks

#### Senior Lifeguard

Mark Cantrell

#### Pool Operator

Mark Sears



### ADMINISTRATIVE STAFF

#### Superintendent of Parks and Recreation

Kenneth R. Bounds

#### Parks & Recreation Operations Director

Christopher Williams

#### Recreation Manager, SW District

Katie Gray

### VISIT OUR SEATTLE PARKS AND RECREATION AQUATICS WEBSITE

at : <http://cityofseattle.net/parks/aquatics/index.htm>

Community Center at: <http://www.ci.seattle.wa.us/parks/swcc.htm>

Pool at: <http://www.ci.seattle.wa.us/parks/aquatics/swpool.htm>

West Seattle Human Services Website at: <http://www.wslynchs.org>

Southwest Community Center & Pool

2801 SW Thistle, Seattle, Washington 98126 (206) 684-7438 FAX (206) 233-7295

## COMMUNITY INFORMATION

### MISSION STATEMENT

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### SOUTHWEST ADVISORY COUNCIL

The Southwest Advisory Council invites you and your family to enjoy recreational activities at Southwest Community Center and Pool. If you would like to work with other like-minded citizens in the development and operation of programs at Southwest Community Center you are invited to join the council. The council meets on the third Thursday of each month at the center at 7:00 PM. If you are interested in becoming a member you may call (206) 684-7438 and ask for Junior or Nancy.

### ADVISORY COUNCIL MEMBERS

#### President

Bruce Bentley

#### Vice President

Susan Harmon

#### Treasurer

Jayne McIntyre

#### Secretary

Linda Bentley

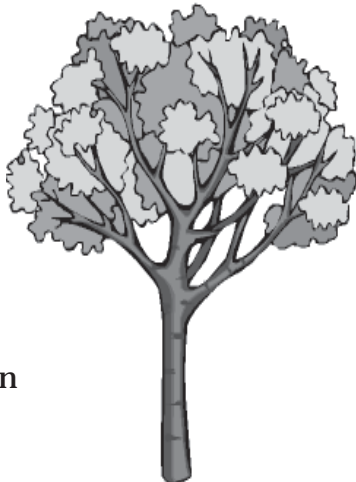
#### Members

Michael Toly

Tom Blume

Pam Thompson

Tony Walker



### NON-DISCRIMINATION POLICY

As a matter of policy, law, and commitment the Seattle Parks & Recreation Department does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation, political ideology, age, religion, ancestry, national origin, or the presence of any sensory, mental, or physical disability. Accommodation will be made on request for persons with disabilities. If you need sign language interpretation or other accommodations, please call (206) 684-7438 or (206) 233-7061 (TDD only.) If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aide. If a class or activity is scheduled in an area that is not accessible to wheelchairs, we will make every effort to help find a similar program in a more accessible location.

### WESTWOOD NEIGHBORHOOD COUNCIL

The Westwood Neighborhood Council meets at Southwest Community Center at 7:00 PM on the second Thursday of each month. They discuss issues dealing with transportation, schools, parks, and land use in our area.

## BUDGET INFORMATION

### **SOUTHWEST POOL "BUDGET CLOSURE"**

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2003 the one-week closure will, through savings in staff and utility costs, help the Department absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental or public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made an effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventative maintenance closure. The closures are staggered throughout the year so that swimmers can always find alternate locations.

Maintenance Closure	August 29th - September 1st
Budget Closure	September 2nd - 7th

Pool will reopen on September 8th

The two nearest pools that will be open during the Southwest closure:

Rainier Beach Pool	8825 Rainier Ave S.	386-1944
Medgar Evers Pool	500 23rd Ave S.	684-4766

Check our web page for more swimming information [www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)



## FALL SPECIAL EVENTS

### HALLOWEEN PARTY

Get your costumes on your little ghosts and goblins and bring them to our Halloween carnival. Youth ages 10 and under can enjoy games, arts & crafts, cookie decorating, and costume judging. Adult and teen volunteers needed.

Friday, October 31st 6:00 - 8:30 PM

Free Halloween Family Swim

Friday, October 31st 7:00 - 8:00 PM

(Children must be accompanied into the water by adult)

### FAMILY SCIENCE NIGHT

**FREE**

Environmental explorations come to Southwest in Partnership with the Pacific Science Center. Sign up early to reserve your family's place. Check with the front desk for Family Science Night dates and topics.

Date: TBA  
Cost: FREE!

### SEATTLE CHRISTMAS SHIP

**FREE**

Join us at Lowman Beach to enjoy the sights and sounds of the Seattle Christmas Ship. There will be songs and a bonfire (weather permitting). Enjoy luminaries, cookies, and hot chocolate. Please bring a flashlight and dress for the weather. Adult and teen volunteers are needed to help set up and clean up. To volunteer please call (206) 684-7438.

Monday, December 15th 7:15 - 7:45 PM  
Location: Lowman Beach



## DAILY POOL SCHEDULE

SEPTEMBER 8 - DECEMBER 31

### MONDAYS & WEDNESDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
3:00-4:00***	Lap Swim
4:00-5:30	Swim Lessons
5:30-6:30	Lap Swim
5:30-6:30	Masters Workout
6:30-7:15	Diving Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:15	Hydro-Fit
7:30-8:30	Shallow end Public Swim
8:30-9:30	Adult Swim

### SATURDAYS

10:00-11:00	Youth Swim & Fitness
11:00-Noon	Swim Lessons
Noon-1:00 PM	Adult/ Sr. Adult Swim
1:00-2:00	Public Swim
2:00-10:00	Rentals (Call to Schedule)

### SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:00-10:00	Rentals (Call to Schedule)

### TUESDAYS & THURSDAYS

Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Sr. Adult Water Exercise
2:45-3:45	ASAP Program
4:00-5:00	YMCA Swim Team
4:30-5:00**	Competitive Stroke
5:00-6:00**	Lap Swim
6:00-6:30	Swim Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit
8:30-9:15	Adult Water Aerobics



### FRIDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Family Swim
3:00-4:00***	Lap Swim
4:00-5:30**	\$1.00 Public Swim
5:30-7:00	Lap Swim
6:00-7:00	Masters Workout
7:00-8:00	Family Swim
8:00-10:00	Rentals (Call to Schedule)

### POOL CLOSED

August 29th - September 1st	Maintenance
September 2nd - 7th	Budget Closure
November 11th	Veterans' Day
November 27th & 28th	Thanksgiving
December 25th	Christmas Day
January 1st 2004	New Years Day

\* Admission to EMLS by swim ticket only

\*\* Programs cancelled due to swim meet on:

9/23, 9/30, 10/7, 10/21, 12/5, 12/12, 12/16 & 12/18

\*\*\* Lap Swim cancelled Nov. 17th - mid-February  
for high school swimteam practice

Look for our new Holiday schedule  
12/22 - 1/3/04



## AMENITIES / FEES & CHARGES



### 13-STATION UNIVERSAL GYM

We offer a 13-station universal gym on the pool deck. Use of the weights is free with admission. Youth under the age of 16 may not use the weights. Sixteen & seventeen year olds using the weights must be supervised by an adult. Patrons must be dry and proper workout attire is required to use the weights.

### FACILITY FEES & CHARGES

Youth (1-18)	\$2.25
Adult (19-64)	\$3.25
Senior Adult (65 & over)	\$2.25
Special Population	\$2.25
Masters Workout	\$3.75
Water Aerobics	\$3.75
Hydo-Fit/Aqua Jog	\$3.75
Sr. Adult Water Aerobics	\$2.50
Non-Recreation Spa, Weights, Sauna Use	\$3.25
Recreation Pass (save \$2.00)	\$20.00
Fitness Pass (save \$3.00)	\$30.00
Fast Pass Adult (one month unlimited)	\$45.00
Fast Pass Senior/Youth (one month unlimited)	\$35.00
Water Equipment Rental	\$1.50
Showers	\$2.00

### THERAPY SPA & SAUNA

Our therapy spa and sauna are available for use during all normal operating hours. The sauna is free with your admission fee. The spa is an additional \$.50 during recreational times. To use just the spa during non-recreational swim times the cost is \$3.25 for Adults and \$2.25 for Senior Adults. **Please Note:** Youth under the age of 13 are not allowed into the spa without an accompanying adult. Children under 16 are not permitted in the sauna.

### MERCHANDISE FOR SALE

Goggles	\$5.00-7.00
Shampoo	\$6.00
Conditioner	\$6.00
Swim Caps	\$3.75-8.00
Nose Plugs	\$4.00
Ear Plugs	\$4.00
Wave Webs	\$14.00
Stretch Bands	\$4.50
Bottled Water	\$1.00
Dive Rings	\$5.00
Reusable Swim Diapers	\$7.00
Little Swimmer Diapers	\$1.25



## RECREATIONAL PROGRAMS

### ADULT/ SENIOR ADULT SWIM

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming plus an open area for water walking or exercise.

**Please Note:** All lanes will be in during busy times.

Monday through Friday	Noon - 1:30 PM
Monday & Wednesday	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 - 12:30 PM



### LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F	6:00 - 7:30 AM
M/W/F	*3:00 - 4:00 PM
M/W	**5:30 - 6:30 PM
T/TH	5:00 - 6:00 PM
Friday	**5:30 - 7:00 PM
Sunday	5:00 - 6:00 PM

\*Program cancelled beginning November 17th for high school swim team practice.

\*\*3 lanes used for Masters program.

**Please Note:** Private swim lessons may be taught during this time. Instructors will keep their students in lanes 1 and 2 if we have many classes being taught.

### PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use. Lifeguards reserve the right to deny flotation devices during heavy use. Diving boards and slide are alternately opened to allow for deep water swimming. Children not meeting our height requirement of 3'6" feet must be accompanied into the water by an adult 18 years or older. Youth under the age of 18 must pass a swim test in order to swim in the deep end.

Monday - Thursday	7:30 - 8:30 PM
<i>(Monday and Wednesday evening public swims are shallow end only.)</i>	
Friday (\$1.00 swim)	4:00 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM



### FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 years of age. This is an excellent time to bring very young children in to practice swimming skills. This is a great time to make swimming a family affair. Single adults are welcome.

Friday	7:00 - 8:00 PM
Sunday	2:00 - 3:00 PM



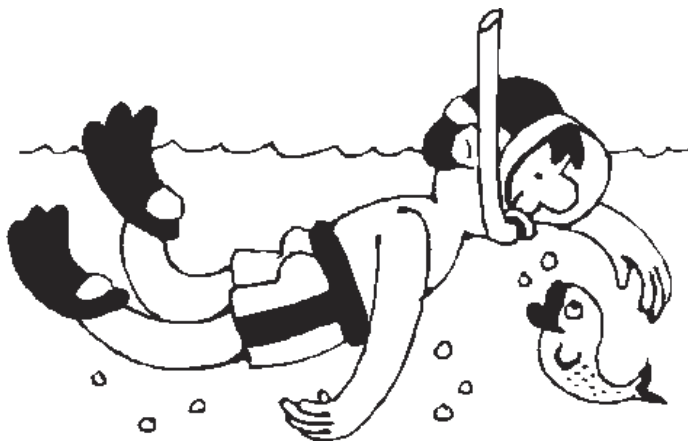
## AQUATIC FITNESS PROGRAMS

### SENIOR ADULT WATER EXERCISE

Shallow end Senior Adult Water Exercise provides a recreational as well as a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required.

Tuesday & Thursday 1:30 - 2:30 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults



### ADULT WATER AEROBICS

Shallow end Water Aerobics is a workout consisting of warm-up, stretching, 30 minutes of aerobic activity, and a cool down. Participants can expect to work on strength and toning while getting a great workout. No swimming ability required.

Tuesday & Thursday 8:30 - 9:15 PM

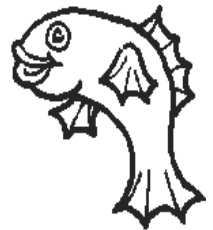
Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

### ADULT HYDRO-FIT

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program that can work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 - 8:15 PM  
Tuesday & Thursday 8:30 - 9:15 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults



### MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time. Pool shared with lap swim.

Monday & Wednesday 5:30 - 6:30 PM  
Friday 6:00 - 7:00 PM

Class Fee: \$3.75 Adults



## SWIM LESSON SCHEDULE

Days	Dates	# of classes	Youth/Adult	Open Registration
<b>M &amp; W</b>				
Session I	9/15 - 10/15	10	\$40.00	August 27th at 6:00 PM
Session II	10/20 - 11/19	10	\$40.00	October 15th at 6:00 PM
Session III	12/1 - 12/17	6	\$24.00	November 19th at 6:00 PM
<b>T&amp;TH</b>				
Session I	9/16 - 10/16	10	\$40.00	August 27th at 6:00 PM
Session II	10/21 - 11/20*	9	\$36.00	October 15th at 6:00 PM
Session III	12/2 - 12/18	6	\$24.00	November 19th at 6:00 PM
	*No class 11/11			
<b>Saturday</b>				
Session I	9/20 - 12/13*	12	\$48.00	August 27th at 6:00 PM
	*No class 11/29			
<b>Sunday</b>				
Session I	9/21 - 12/14*	12	\$48.00	August 27th at 6:00 PM
	*No class 11/30			

**WINTER 2004 LESSON REGISTRATION BEGINS  
DECEMBER 17TH AT 6:00 PM**

### NOTE-

A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

### SWIM LESSON REGISTRATION - LOTTERY SYSTEM

Southwest Pool's open swim lesson registrations is conducted by a lottery system. At the time registration begins, random numbers will be distributed to all people waiting to register. Numbers will be called in order, beginning with #1, and registration will continue until all those present have been served.

### LEARN TO SWIM

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information, please call your local Seattle Parks and Recreation swimming pool or visit the web  
[www.cityofseattle.net/parks/aquatics/learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)

## SWIM LESSON DESCRIPTIONS

### TOTS

This class is an introduction to the water for infants and toddlers 6 months to four years of age. The instructor teaches the parent how to teach the child basic water skills and water safety. Each child must be accompanied into the water with a parent/adult.

M/W	6:30 - 7:00 PM
T/Th	6:30 - 7:00 PM
Saturday	11:30 - Noon
Sunday	1:30 - 2:00 PM



### YOUTH LEVEL AGES 7 - 15

Youth swim lessons are offered in progressive skill levels, L1 through L7. These classes are designed for youth ages 7 through 15 years and cover basic to advanced swimming skills. Water safety is included in each skill level.



### KINDER LEVEL AGES 4 - 6

Kinder age swim lessons are taught in four progressive levels, K1 through K4. K1 and K2 classes cover water adjustment and basic skills for children with little or no swimming experience. K3 and K4 progress to more advanced skills. Every class also includes water safety.



### ADULTS

We offer swim lessons for older teens, adults, and senior adults. From the very beginner swimmer to the more advanced swimmer, the instructors can meet your needs and help you attain your goals.

Days:	Monday & Wednesday
Time:	1:00 - 1:30 PM 7:00 - 7:30 PM



### LESSON TIMES

**Please Note:** Not all levels are offered at all class times.

#### Monday & Wednesday

4:00-4:30 PM, 4:30-5:00 PM, 5:00-5:30 PM,  
6:30-7:00 PM, 7:00-7:30 PM

#### Tuesday & Thursday

6:00-6:30 PM, 6:30-7:00 PM, 7:00-7:30 PM

#### Saturday

11:00-11:30 AM, 11:30-Noon

#### Sunday

12:30 PM-1:00 PM, 1:00-1:30 PM,  
1:30-2:00 PM



### PRIVATE LESSONS

Southwest Pool offers private swim lessons to those interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$22.00 per 1/2 hour lesson or \$32.00 for a semi-private lesson. Spa fee \$.50. Contact Nancy Eisner or Diane Jones, Aquatic Co-ordinators at (206) 684-7440 to schedule.

## SPECIALITY SWIM LESSONS

### COMPETITIVE STROKE CLASS

Learn advanced stroke techniques, turns, racing starts while building endurance. Learn proper technique diving off the blocks and get in a good workout too! Pre-requisite: you must have a skill level of Red Cross level 6 or higher.

**T/TH 4:30-5:00 PM**

Session I:	9/16 - 10/16*	\$28.00
	*No class 9/23, 9/30 & 10/7 due to high school swim meet	
Session II:	10/23 - 11/20 **	\$32.00
	**Session starts on Thursday	
	**No class 11/11	
Session III:	12/2 - 12/11	\$16.00



### YOUTH SWIM & FITNESS

This program is for youth and teens ages 10 years to 18 who have the swimming ability of level 6 or higher. This fitness program is designed to give young swimmers a challenging workout through interval training. This is a great way to stay in shape and keep swimming technique sharp in-between swimming seasons. Register August 27th for Session I, register October 26th for Session II.

**Saturday: 10:00-11:00 AM**

Session I:	9/20 - 10/25	\$48.00
Session II:	11/1 - 12/13*	\$48.00
	*No class 11/29	

### SPECIAL POPULATION SWIM LESSONS

Southwest Pool offers small or individualized swim classes for youth with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Use of the therapy spa is also available for an additional \$0.50. Space is limited. Contact Diane Jones or Matt Richardson for registration information.

Sundays	3:00 - 3:30 PM & 3:30 - 4:00 PM
12 classes	9/21 - 12/14 \$48.00

### SPRINGBOARD DIVING

Try our diving class and learn the fundamentals of springboard diving, body position, proper form & technique, and skills. Also safety will be taught. Because of the demand for this class, there will be a 2 session limit to accommodate our wait list.

Pre-requisites:

- must be 10 years old
- be able to perform a standing dive from the diving board
- must have Red Cross Youth level 6 swimming ability or higher
- Pre-test required

### Beginners

**Mondays 6:30 - 7:15 PM**

Session I 9/15 - 10/27 \$42.00

Session II 11/3 - 12/15\* \$36.00  
\*No class 11/24

### Intermediate

**Wednesdays 6:30 - 7:15 PM**

Session I 9/17 - 10/29 \$42.00

Session II 11/5 - 12/17\* \$36.00  
\*No class 11/26

## PRESCHOOL AND YOUTH PROGRAMS

### KINDER CLUB

This popular preschool class offers social interaction through singing, art, and educational games as well as activities including motor skill development and cooking. Your child must have turned 3 by August 31st 2003 and must be completely toilet trained. Children need only bring a clean change of clothes. Snack is provided. Program stays on site with some walking field trips to E.C. Hughes park and the SW Library. Starts in September.

Instructor: Carol Stocks  
 Ages: 3 - 5 years  
 Days: Mon, Tues & Wed  
 Time: 9:30 AM - 12:30 PM  
 Weekly  
 Class Fee: 1 Day \$15.00  
 2 Days \$30.00  
 3 Days \$45.00

### THE GREAT CLAY ADVENTURE

Play dirty, work in clay. From pinch pots to dinnerware, you'll find it in this class. Participants will receive step by step instruction from the simplest clay techniques to challenging works of art. Participants will discover the joy and challenge of working in clay. Dress for mess.

Instructor: Richard Serpe  
 Ages: 3rd grade and up  
 Tuesdays 5:00 - 6:00 PM  
 10 weeks: 9/16 - 11/25\*  
 \*No class 11/11  
 Class Fee: \$45.00



### SOUTHWEST B.A.S.E.

#### BEFORE & AFTER SCHOOL ENRICHMENT

Are you looking for a well qualified program for your children before and after school? Then have them come to our program. We provide snacks, daily homework assistance and go on some walking field trips to local locations. We are a licensed D.S.H.S. childcare site. Program dates follow Seattle Public School schedules. Cost includes early release days at no extra charge. Day camps for vacations and waiver days are not included. Payment due one week before the first of each month. Space is limited.

Instructor: Carol Stocks  
 Ages: 6 - 11 years  
 Start Date: September 3rd  
 Registration Fee: \$25.00 per family

Before School Care: M - F 7:00 - 8:30 AM  
 \$170.00 per month

After School Care: M - F 2:30 - 6:30 PM  
 \$235.00 per month

Before & After School Care:  
 Combined cost: \$395.00 per month

### CARTOONING & DRAWING

A cartoon makes a point in a vivid and humorous way. Students learn how to translate their ideas into cartoons by learning how to make convincing cartoon characters, lettering and more. Basic drawing pointers will be covered too.

Instructor: Richard Serpe  
 Ages: 8 - 18 years  
 Mondays: 5:30 - 6:30 PM  
 10 weeks: 9/15 - 11/17  
 Class Fee:



## YOUTH PROGRAMS

### PIANO LESSONS

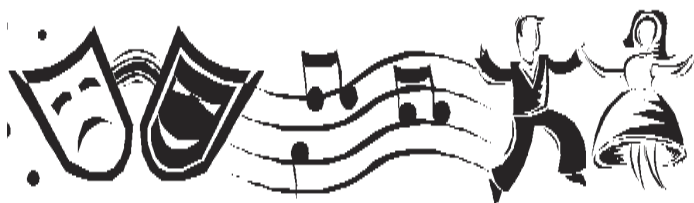
Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang  
Ages: 8 - Adult  
10 Weeks 9/18 - 11/21

Available lesson times:

Thursdays 5:30 - 9:00 PM  
Fridays 2:00 - 6:00 PM

Class Fee: \$125.00



### DANCE CALIENTE

Boys and girls are invited to come and learn hip hop, cha cha, swing, and salsa to the songs you love. Train with Anna Carling, a latin and swing dance competitor.

Instructor: Anna Carling  
Ages: 6 - 14 years  
Wednesdays 5:15 - 6:00 PM  
Session I 9/17 - 10/15  
Session II 10/22 - 11/19  
Class Fee: \$25.00

### OH, DRAMA!

An elementary overview of the theatre, motion picture, and television mediums. Technique, free expression, make-up, props, and readings.

Instructor: Michelle Allen  
Wednesdays: 6:00 - 7:00 PM  
Session I: 9/17 - 10/15  
Session II: 10/22 - 11/19  
Class Fee: \$36.00



### CHILDREN'S CREATIVE DANCE AND BALLET

Kids will get to experiment with movement while using great classical music that encourages the imagination and the spontaneity of this age group. Our goal is for children to feel supported, comfortable, and free to explore their ideas about what dance can be. Great for self esteem and confidence in a group. The basics of ballet will develop strength, coordination, flexibility, and alignment.

Instructor: Sandra Dobra  
Ages: 4 - 7 years  
Dates & Times TBA

### BEGINNING BALLET

Ballet students will learn balance, coordination, and beginning technique. Students should wear ballet slippers and comfortable clothes.

Instructor: Sandra Dobra  
Ages: 7 - 12 years  
Dates & Times TBA



## YOUTH SPORTS



### SPORTS UNLIMITED

This low-key program is intended for kids ages 4 - 6 to show basic skills in t-ball, soccer & basketball. Your participation is the key to allowing each child a chance to grow and learn. Parents welcome. \*No class 11/11.

Instructor:	Glenn Brooks	
Ages:	4 - 6	
Tuesdays	6:00 - 7:00 PM	
Session I:	9/16 - 10/14	\$30.00
Session II:	10/21 - 11/18 *	\$24.00

This program will take your basic skills of these three sports: t-ball, soccer & basketball and work on getting better. This is strictly for fun.

Instructor:	Glenn Brooks	
Ages:	7 - 8	
Thursdays	6:00 - 7:00 PM	
Session I:	9/18 - 10/16	\$30.00
Session II:	10/23 - 11/20	\$30.00

### YOUTH KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor:	Tyron Asphy	
	5th Degree black belt	
Ages:	8 - 18 years	
Days:	Tuesdays & Thursdays	
10 weeks:	9/16 - 11/20*	
	*No class 11/11	

Class Fee:	5:30 - 6:30 PM	\$80.00
	5:30 - 7:00 PM	\$120.00

### YOUTH KARATE MINI SESSION

3 Weeks:	12/2 - 12/18	
Class Fee:	5:30 - 6:30 PM	\$24.00
	5:30 - 7:00 PM	\$36.00



## TEEN PROGRAMS

### TEEN PROGRAM INFORMATION

For registration and more information please call Carrie at (206)684-7438 or stop by the teen office during operating hours.

### YOUNG LADIES & YOUNG MEN'S GROUP

Youth ages 11 - 17 meet in the gameroom to discuss important personal and social issues in an open and confidential environment. Participants need to have a parent authorization form on file.

Ages: 11 - 17 years  
Cost: FREE!

### MURAL PROJECT

Learn painting skills and create murals with a professional artist. Murals will be displayed at Southwest Community Center.

Ages: 11 - 17 years  
Cost: FREE!

### 3 ON 3 LEAGUES

Games will take place weekly at SWCC. Scores and stats will be kept, first place teams and MVP's receive a prize.

Ages: 11 - 17 years  
Cost: FREE!

### TEEN COUNCIL

Council members will work along side the Southwest Community Center Advisory Council to improve the center and teen program. Applications can be picked up from the SWCC front desk.

Ages: 11 - 17 years  
Cost: FREE!

### OH DRAMA!

Perfect for aspiring actors! Sharpen your skills through drama games and activities.

Instructor: Michelle Allen  
Ages: 12 & up  
Wednesdays: 7:00 - 8:00 PM  
10 Weeks: 9/17 - 11/19

### DANCE CALIENTE

Boys and girls are invited to come and learn hip hop, cha cha, swing, and salsa to the songs you love. Train with Anna Carling, a latin and swing dance competitor.

Instructor: Anna Carling  
Ages: 11 - 17 years  
Wednesdays: 4:15 - 5:00 PM  
Session I: 9/17 - 10/15  
Session II: 10/22 - 11/19

### PARENT & TEEN COOKING

A great way for parents and kids to spend time together, learn basic cooking skills, and cook multicultural dishes. Take home what you create as well as a class recipe book. Meets once a week. Ages 10 - 14

### ULTIMATE SPORTS

Learn a new sport every week! Includes b-ball, soccer, baseball, and many more! Each participant will receive a t-shirt. Meets once a week.

### POTTERY

Learn the basics of ceramic art. Make useful items or wonderful gifts for others. Work with local teacher and artist.  
Tuesdays 6:00 - 7:30 PM

### PASTRY MAKING

This class will detail the basics of pastry making and baking. Participants will be able to take home their creations as well as a class cook book. Meets once a week. Ages 13 - 18.

## ADULT FITNESS PROGRAMS

### ADULT KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy, 5<sup>th</sup> degree black belt

Ages: 18 and older

Days: Tuesdays & Thursdays

10 weeks: 9/16 - 11/20\*

\*No class 11/11

Class Fee:	5:30 - 6:30 PM	\$80.00
	5:30 - 7:00 PM	\$120.00

### ADULT KARATE MINI SESSION

3 Weeks: 12/2 - 12/18

Class Fee:	5:30 - 6:30 PM	\$24.00
	5:30 - 7:00 PM	\$36.00

### PILATES

An exercise method designed to improve kinesthetic awareness (mind body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat as almost all work is done on the floor.

Instructor: Zita Hachiya  
 Tuesdays: 6:30 - 7:30 PM  
 10 weeks: October 7th - December 16th  
 (no class 11/11)  
 Class Fee: \$40.00

### BRAZILIAN DANCE

Brazilian Dance: samba-robics-the perfect mixture using conditioning, modern jazz, samba, aerobics, folk & pop dance all in one. From South America to seattle....It's Brazilian!

Instructor:	Dora Oliveira
Mon & Fri	6:30 - 7:30 PM
Session I:	9/15 - 10/17
Session II:	10/20 - 11/21
Class Fee:	\$60.00



### CPR & FIRST AID

Become certified in Standard First Aid & CPR. For registration or more information please call the Red Cross at (206)323-2345.

Tue/Thu	10/21 & 10/23	4:30 - 8:30 PM
Mon/Wed	11/17 & 11/19	4:30 - 8:30 PM
Class Fee:	\$45.00	

### BELLY DANCING

Try your talent as a femme fatale (or just enjoy some great stretching and fun exercise while learning history and basic steps of this exotic Middle Eastern dance form). Instructor Shoshanna teaches Egyptian, Arabic, and modified US Cabaret styles, including basic zil (finger cymbal) patterns at beginning to intermediate levels. Wear comfortable, cool clothing. Great summer activity for mothers and daughters. Class may be extended at student request.

Instructor:	Shoshanna
Ages:	16 - 80* years
Mondays	7:00 - 8:30 PM
5 classes	9/15 - 10/13
Class Fee:	\$30.00

\*Younger or older students with instructor's permission.

## ADULT PROGRAMS

### SCRAPBOOKING

Are your photos stuffed in shoeboxes, drawers, or many types of popular albums that chemically destroy photos? If so, this Creative Memories workshop is for you! For each class bring scissors and 6-8 photos of one event.

Hands on introduction of preserving photos

Session I: Tuesday, 9/16 7:00 - 8:30 PM

Session II: Wednesday, 10/8 7:00 - 8:30 PM

Theme Workshops

Border Theme: Thursday, 9/23 7:00 - 8:30 PM

Theme TBA: Thursday, 10/9 7:00 - 8:30 PM

Class Fee: \$15.00

Supply Fee: \$5.00

(pay instructor on day of class)

### SEWING AND QUILTING FABRICS

Looking for more people to join the group. Non-seniors, men, beginners, give it a try! Let your creative side out.

Mondays 10:00 - 12:30

Fee: FREE

### PIANO LESSONS

Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang

Ages: 8 -Adult

10 Weeks 9/18 - 11/21

Available lesson times:

Thursdays 5:30 - 9:00 PM

Fridays 2:00 - 6:00 PM

Class Fee: \$125.00

### EXPLORING THE BIRDS OF SEATTLE SERIES

Classes are brought to you by the Seattle Audubon Society, presented by Vicki King and Robin Lewis. Cost: Donation Requested.

#### YOUR BACKYARD BIRDS

This lively class will explore the exciting bird life that lives in our very own backyards! We will cover several aspects of the natural history of these backyard birds, touching on diet, behavior, migration, nesting, and breeding. Come and find out more about those wonderful creatures living around you!

Thursday, September 18th 6:45 - 8:45 PM

#### BIRDS OF YOUR NEIGHBORHOOD PARKS

Do you enjoy our fine feathered friends but want to learn more about them? Come to this two hour lecture and get some tips for observing and identifying the common and interesting birds of our area. We'll follow the lecture portion with a Saturday morning field trip to one or two West Seattle parks to see what birds we can find right here in our neighborhood!

Thursday, October 16th 6:45 - 8:45 PM

Field Trip: Location TBA

Saturday, October 18th 8:00 - 12:00 Noon

#### THE WILD LIVES OF BIRDS

What bird travels thousands of miles to spend the summer in West Seattle? What bird can find a meal in total darkness? What bird eats its own feathers? To find out the answers to these questions and much more, join us for an evening program for the young and the young-at-heart. Come learn about the astonishing abilities of these fascinating creatures, and get a close-up look at feathers, nests, and other fun stuff!

Thursday, November 13th 6:45 - 8:45 PM

Southwest Community Center & Pool



## THISTLE STREET STUDIO

### POTTERY STUDIO TIME

The studio is open to potters experienced in basic skills of throwing, glazing, and firing. There will be additional charges for all firings.

Winter Quarter Dates: 9/8 - 12/31

Fee: \$125.00

#### CERAMIC SCULPTURE

This class will allow you to develop your skills at this remarkable art. Building hollow forms is the focus working in 3 different techniques: coiling, slabwork and pinching.

Instructor: Richard Serpe Jr.  
Ages: 16 & up  
Mondays 6:30 - 8:00 pm  
8 weeks: 9/15 - 11/17  
Class Fee: \$125.00

#### ADULT CERAMIC WHEELING CLASS

The class stems to the basics and includes all levels of experience. Technique of centering, pulling, finishing, and glaze application. Instructor focuses on functional ceramic ware. Learn at your own pace.

Instructor: Michael Eric Dennett  
ages: 18 & up  
Wednesdays 6:00 - 7:30 PM  
10 weeks: 9/17 - 11/12  
Class Fee: \$125.00

### TILE & MOSAIC WORKSHOPS

Our instructor for the tile and mosaic workshops is Jaki Reed, who has a Bachelors of Fine Arts and is an accomplished artist in a number of different mediums. You may contact her directly at (206) 938-0418 if you have questions about these workshops.

#### FOR ALL WORKSHOPS:

Please pre-register  
All materials are included in class fee  
No experience necessary  
Dress to mess  
Bring friends, have fun, get a discount

#### DISCOVER MOSAIC MAGIC!

Have fun making decorative and functional art as you jazz up a 9"x12" wooden serving tray using ceramic tiles and colorful grout. Learn all the basics of mosaic art.

Date: Friday, October 17th  
Time: 12:00 - 3:00 PM  
Registration: \$10.00 (when you sign up)  
Class fee: \$35.00 adults/\$20.00 kids & seniors  
(pay instructor on day of class)

#### MOSAIC MIRROR

Decorate a mirror with colorful tile trays, pottery shards, shells, marbles, and personal memorabilia. Lots of unique hand made tiles available as well as 12 colors of grout.

Date: Saturday, November 15th  
Time: 10:00 AM - 4:00 PM  
Registration: \$10.00 (when you sign up)  
Class fee: \$45.00 adults/\$35.00 kids & seniors  
(pay instructor on day of class)

#### TILE PAINTING WORKSHOP

Fun for all ages! Paint four 6"x6" trivett tiles for decorative and useful holiday gifts. (Or bring your own bisqueware pottery to paint.) You can create your own designs or choose from the many sketches the instructor provides. Your tiles will be fired during the week and available for pickup the following Friday.

Date: Saturday, December 6th  
Time: 12:30 - 3:30 PM  
Registration: \$10.00 (when you sign up)  
Class fee: \$30.00 adults/\$15.00 kids & seniors  
(pay instructor on day of class)

Registration information can be found on Page 10 & 23.

## SENIOR ADULT PROGRAMS

### REGISTRATION INFORMATION

#### Fall Quarter Dates:

October 6th - December 19th 2003

Class registration opens September 22nd beginning at 10:00 AM.

**Call (206) 684-4115 or (206) 684-7438 to register.**

Mail all checks payable to:

**Senior Adult Advisory Council  
Senior Adult Programs**

Attention: Mary Dalzell @  
Southwest Community Center  
2801 SW Thistle St  
Seattle, WA 98126

### COMPUTER CLASSES

Free computer use and training at the Westwood Heights Technology Center.

Internet-beginning

M/W 10:00 - 11:00 AM

E-mail & Web Cruising-intermediate

T/TH 4:00 - 5:00 PM

Digital camera/photo class

F 11:00 - 12:00 Noon

Open times to practice:

Monday 11:30 AM - 6:00 PM

Tuesday 9:00 - 11:00 AM

& 5:00 - 8:00 PM

Wednesday 11:30 AM - 4:00 PM

Thursday 5:00 - 8:00 PM

Friday Noon - 4:00 PM

Saturday 11:00 AM - 3:00 PM

Call 932-6942 Ext. 16 to register. The center is designed to meet the visual and physical needs of the 50+ populace.

### DAY TRIPS

Once a week. Call #684-4951 for a detailed list to be mailed to you.

Day Trips:

Scandinavian Days

Hunter's Breakfast

Line Dancing on the Ferry

Tacoma Art Museum

Movie Spooktacular

Tulalip Casino

Holiday House

Holiday Bazaars

City-wide Holiday Dinner

Warm Beach Light Show

### HATHA YOGA

**\$20.00/5 WEEKS**

Releases tension and stiffness as it tones and strengthens, calms, and relaxes. Gentle stretching and movement with awareness, correct alignment, and deep breathing will enhance your flexibility and range of motion.

Fridays 10:30 - 11:30 AM

Session I: October 17th - November 14th

Session II: November 21st - December 26th  
(no class 11/28)

### FITNESS FOR LIFE

**\$18.00/36.00**

Work out from head to toes. Use of dyna bands, sticks, & weights. Build up your strength and flexibility. Bring one pound weights to class.

Tuesday 10:00 - 11:00 AM

Friday 9:30 - 10:30 AM

### ETHNIC DANCE

**\$24.00/8 WEEKS**

This class will incorporate stretches and moves from several types of performance arts; including Hula and Middle Eastern Dance. Learn simple moves and beginning dance steps in both. Begins October 8th.

Wednesdays 10:00 - 11:00 AM Southwest

Southwest Community Center & Pool



## SENIOR ADULT PROGRAMS

### PILATES

**\$30.00/10 WEEKS**

An exercise method designed to improve kinesthetic awareness (mind body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat as almost all work is done on the floor. Instructor: Zita Hachiya. Modified for seniors.

Tuesdays 6:30 - 7:30 PM Southwest  
10 weeks October 7th - December 16th  
(no class 11/11)

### PRESERVING PHOTO'S

**\$12(+5 TO INST)**

Learn creative ways to permanently record the memories of your life. Bring 6-8 pictures and scissors, leave with a two-sided photo album page filled with artfully displayed memories.

Instructor: Angele Nelson  
October 10th 1:00 - 3:00 PM Southwest

### GUEST CHEF

**\$6.00**

Ella Banay, a woman of many talents and years of cooking expertise will be the first in a series of guests who will exhibit their cooking skills. Main menu will be meat pie with side dishes. Be prepared to share in the cooking.  
October 30th 11:00 - 1:00 PM Southwest

### HOLIDAY POTLUCK

**FREE**

Friends, fun, food, festive mood. Bring a wrapped white elephant gift for exchange if you want, and of course your favorite potluck dish.

December 16th 11:30 AM Southwest

### PICKLEBALL

**FREE**

Indoor game that is a cross between tennis and ping pong. This is a good cardio workout.  
Tuesday/Thursday 12:30 - 2:30 PM

### BOOK CLUB

Meets 3rd Thursday of each month at 1:00 PM at the Southwest Library.

### BRIDGE CLUB

**FREE**

Drop-in play for experienced players.  
Wednesdays 11:00 - 3:00 PM

### HOLIDAY GIFT WORKSHOPS

No experience necessary, all materials included in fee. Dress to mess, 10% discount for groups of 4 or more. All workshops take place at Southwest.

### DISCOVER MOSAIC MAGIC

**\$20.00**

Have fun making decorative and functional art as you jazz up a 9"x12" wooden tray using ceramic tiles and colorful grout. Learn all the basics of mosaic art.  
October 17th 12:00 - 3:00 PM

### MOSAIC MIRROR

**\$35.00**

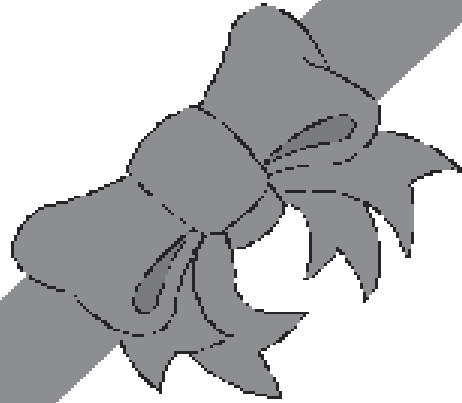
Decorate a mirror with colorful tile chips, pottery shards, shells, marbles, and personal memorabilia. Lots of unique hand-made tiles available as well as 12 colors of grout.  
November 15th 10:00 - 4:00 PM

### TILE PAINTING

**\$10.00**

Paint four 6"x6" trivit tiles for decorative and useful holiday gifts. (Or bring your own bisqueware pottery to paint) You can create your own design or choose from the many sketches provided.  
December 6th 12:30 - 3:30 PM

## **2ND ANNUAL HOLIDAY CRAFT SALE**



### **HOLIDAY CRAFT SALE**

**ARTISTS AND CRAFTSMEN WILL HAVE GIFTS AND THINGS FOR SALE. A GREAT PLACE TO DO YOUR HOLIDAY SHOPPING AND SUPPORT LOCAL ARTISTS AND CRAFT VENDORS. COME FOR YOUR CHANCE TO WIN ONE OF MANY DOOR PRIZES THROUGHOUT THE DAY.**

**SATURDAY      NOVEMBER 22ND**  
**TIME:            10:00 AM - 4:00 PM**

### **CRAFT VENDORS NEEDED**

**RESERVE YOUR TABLE FOR THE SOUTHWEST COMMUNITY CENTER'S HOLIDAY CRAFT SALE. FOR A VENDOR PACKET, PLEASE STOP BY THE FRONT DESK, OR TO HAVE ONE MAILED TO YOUR HOME, PLEASE CALL (206) 684-7438.**

## REGISTRATION INFORMATION

### REGISTRATION

**Open registration dates for the community center:** August 8th

**Open registration dates for the pool:** August 27th beginning at 6:00 PM  
(Please refer to page 10 for other registration dates)

Open registration for those not currently enrolled is on a first come first serve basis. The first day of registration for each session requires walk in registration only.

Please make checks or money orders payable to *Southwest Advisory Council* for community center classes and *Southwest Pool* for pool programs. **Management reserves the right to cancel classes due to insufficient demand.**

**Swimming pool only:** Phone registration will be taken beginning August 28th for the first session. Check page 10 for other registration dates. Registration will be taken for only one session at a time. A pre-test may be required before signing up children who have not participated in swim lesson programs here at Southwest Pool. Reduced fees for swim lessons are available for those who qualify. Contact the Aquatic Coordinator for more details. Information will remain confidential.

### WALK IN

#### -COMMUNITY CENTER

Walk in registration is taken:

Monday & Wednesday	10:00 AM - 9:00 PM
Tuesday & Thursday	1:00 PM - 9:00 PM
Friday	1:00 PM - 9:00 PM
Saturday	CLOSED
Sunday	CLOSED



### PHONE

#### -COMMUNITY CENTER & POOL

Telephone registration will be accepted with a credit card payment only. Pool phone registration taken only after open registration dates.

(206) 684-7438 - Community Center  
(206) 684-7440 - Pool



## **REFUND POLICY**

For community centers, swimming pools, small craft centers and other recreation providers, it is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

1. Any person who registers for a class, camp, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund.
2. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class), may receive a refund minus a service charge.
3. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start, (or after the second session of a class), will receive no refund.

**Please read the entire policy for specific information.**

## **FEES AND CHARGES**

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

## **SCHOLARSHIPS**

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low-income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. For further information, please call us at (206) 684-7438.